

4-H Clothing Projects

By: John McQuary
County Extension Agent for 4-H/Youth Development

The 4-H Clothing Classes will again be offered after school at each of the elementary schools. At the first meeting, we will go over class schedules, supplies and materials needed. It is essential for anyone who plans to do a clothing project to be at the first meeting. The first meeting will be over at 4:30. The sewing projects will be conducted by local leaders and the Family & Consumer Sciences Agent. Following is the date and location of the first meeting at each school:

Tues., Feb. 19-Broadhead Elem.
Wed., Feb. 20-Roundstone Elem.
Thurs., Feb. 21-Mt. Vernon Elem.
Note: Middle School students may meet with the elementary school of their choice.

After the first meeting, the schedule will be as follows:
March 4-7 - Broadhead Elem.
March 11-14 - Roundstone Elem.
March 18-21 - Mt. Vernon Elem.
These classes will be over at 5:00 pm. You will need to provide fabric and notions for the garment. DQ

NOT purchase these until after the first meeting. 4-H'ers will choose their pattern at the first meeting, and we will order for a cost of \$1.25.

Parents will need to provide transportation home after classes at 5:00 pm approximately.

During the classes, your child will learn to use a sewing machine, follow a pattern and construct a simple garment. First year students may make pants, shorts or skirt with elastic waistline. Second year students may make a skirt with a waistband or a simple top. Third year students will make a simple complete outfit; fourth year students, a garment using knits; and fifth year students make a complete knit outfit using a challenging knit.

If your child wishes to participate in this 4-H project, please complete the permission form given to your child by the Extension Service and return it to their teacher by February 11, 2001.

You may call the Extension office at 256-2403 for more information.



Members of the Project Graduation 2002 Committee are shown above, front row from left: Rhonda Childers, Sherry Robinson and Nancy Hale. Back row from left: Karen Powell, Becky Boreing and Jenny Bray.

Project Graduation to celebrate 15th year

In 1987, for the first time, a graduating class from Rockcastle County High School was honored with a Project Graduation party. The tradition has continued for 15 years. Project Graduation was begun as an alternative to many of the graduation celebrations that often get out of hand. Statistics show that each year many high school seniors lose their lives as a result of excessive graduation celebrations. Project Graduation is also a way for the community to honor each graduating class for one last time.

Project Graduation is an all-night party following high school commencement exercises. It is a well-chaperoned, drug and alcohol-free night spent in the school. There is music, an unending supply of food, games and contests, and continual drawings for cash and prizes. No senior leaves empty-handed. The highlight of the night is the auction when students spend their "Rock-

Bucks" to buy items such as TV sets, VCR's, CD players, luggage, etc. There is no charge to the students as Project Graduation is totally sponsored by the parents and community and business leaders of Rockcastle County.

Many months of preparation go into making Project Graduation a success. The parents of the Seniors of 2002 have begun their work. They will soon be contacting community and business leaders within our county to ask for their support in this successful endeavor. If you would like to donate to this worthy program, please make your check out to RCHS Project Graduation 2002 and mail it to Project Graduation c/o Mrs. Rebecca Boreing, PO Box 1730, Mt. Vernon, KY 40456. Anyone who would like to help in the planning is asked to meet with the parents each Monday evening, 6:00 p.m., in the RCHS cafeteria.

All our graduating seniors have worked hard to earn a diploma and deserve the safety and rewards a successful Project Graduation can give them. With the support of our Rockcastle County community, this year's 15th Project Graduation can be a night filled with wonderful memories for the Class of 2002.



BY JACK FARIS

I Paid For What?

All across America, taxpayers are opening their mailboxes to find envelopes entitled: Important Tax Notice. The April 15 tax deadline is rapidly approaching.

But there is another kind of "tax" that is hidden from view—the \$500 or more you were "taxed" for lawsuits last year. Lawsuits? Not me, you say.

Yes, you. According to the Public Policy Institute, every American coughs up about \$616 a year, to support the costs of litigation.

That humming sound you hear is not the first hummingbirds of spring or the daily activities of America's entrepreneurs busy at work. It's the lawsuit mill grinding away at our coasts, where an average of one new lawsuit is filed every two seconds.

Consider one of the highest profile cases of recent years: Microsoft. Even after 40 states and Microsoft accepted a judge's settlement, the remaining states continue to press litigation. All the while, the lawyers' meters are ticking, and it's likely consumers will pay more for software and other products in the future and that innovation has been slowed during the process.

Litigation has become the nation's top growth industry, growing four times faster than the economy. Today, the civil legal system costs more than \$165 billion a year and guess who's paying the bills? You can bet it's not those preparing legal briefs.

Everyone who wears a patemaker pays thousands of dollars more than the device actually costs to support liability fees. And that new car you bought? You won't see it on the invoice, but hidden in the final tally are costs that allow trial lawyers to dip into your wallet for an average of \$300 per car.

Saving for retirement? Don't worry about some Enron-type collapse eating into your earnings. Your nest egg is at greater risk from attorneys who can tap into your savings by just threatening to file a lawsuit against a company or the products of an industry where you have investments.

Small businesses are most vulnerable to the lawsuit filers who view them as an easy source of income. NFIB surveys show that in some states, one-third of small-business owners have been sued and that many more reported lawsuit threats. In a national study, nearly one-fourth noted that they were so afraid of being dragged into court they refused to introduce new products or improve existing ones.

To make matters worse, they're having a tough time finding affordable liability coverage. Those that do are forced to spend money on preventive measures that would normally be used to create more jobs and expand the business.

Small-business owners want relief. Here are two steps Congress can take to begin reforming this legal shakedown: Cap punitive damages and abolish joint liability for non-economic damages for businesses with fewer than 25 employees. It won't be easy, because the trial lawyers are well-connected and well-financed—with your money.

But if we begin right now identifying and supporting congressional candidates who will work to end lawsuit abuse, Election Day, November 5-could come to be known as Refund Day—the day America took its money back from the trial lawyers.

Jack Faris is president of NFIB, the nation's largest small-business advocacy group. A non-profit, non-partisan organization founded in 1963, NFIB represents the consensus views of its 600,000 members in Washington, D.C., and all 50 state capitals. More information is available on-line at www.nfib.com.

Note to editors: If you have any questions about this column, or would like to receive it via e-mail, please contact Kristin Lofstrom at 202-554-9000.

February 1, 2002

Appetizers: Great Beginnings

By: Hazel Jackson
County Agent for Family & Consumer Sciences

Great eating experiences deserve great beginnings. The first course offers an opportunity to serve healthy foods for holidays or special occasions. The good news is that eating small servings throughout the day or evening is better for you. By eating a little at a time, you are less likely to overindulge and more likely to enjoy your food.

Appetizers can be served hot or cold, may be sweet or savory, may be crunchy or soft. Try to include a variety of colors, textures and temperatures. By serving dishes with fruits, vegetables, beans and whole grains, you will be able to include variety and offer healthy options.

If the appetizer is to be followed by a substantial meal, keep your first course light and simple. The meal should be served shortly after a first course. Two or three kinds of appetizers are sufficient for this

occasion. If no dinner is to follow, plan to serve six to eight dishes including both light and hearty choices.

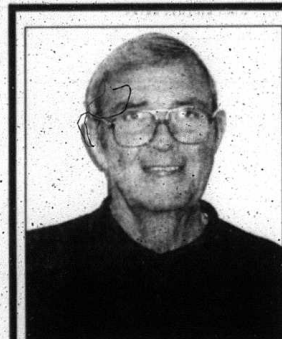
Here is an appetizer recipe for you to try:

Meatballs in Stroganoff Sauce

1 bag frozen meatballs or your own favorite recipe
48 oz. sour cream
2 family-size cream of mushroom soup, undiluted
Preheat oven to 350 degrees. Place meatballs in a large roaster pan. Mix sour cream and soup together and then mix with meatballs. Cover with foil and bake until completely heated, stirring every 15 minutes. (Or half the recipe and put in crockpot.)

For more free appetizer recipes, call the Extension Office at 256-2403.

Email the Signal at
mvsignal@sun-spot.com



Elect
Billy Kirby
Jailer

Rockcastle County

Although it is several weeks before the May Primary Election, I would like to take this opportunity to clear up some very nasty rumors that have been spread concerning my campaign.

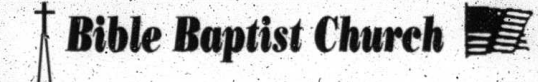
I am not withdrawing from the Jailer's race. I have never thought about withdrawing and I am more committed now than ever before to putting all of my time and energy into seeking the office of Rockcastle County Jailer.

I am very proud of my record during the previous three terms in office. I am the only Jailer to leave office with a surplus in the Jail budget. A surplus of \$250,000. My wife Gladys and I will bring stability, honesty and humanity back to the Jailer's office.

I ask for your vote and support in the May Primary.

Thank You,
Billy Kirby

Paid for by Billy Kirby



Bible Baptist Church

Invites YOU to Join Us

February 17-22 (Sunday-Friday)

FOR

A Revival for the HOME

With

Dr. Rob Jackson, President and Founder of

Family for a Lifetime

Helping families become all they were intended to be.

Dr. Rob will be speaking in all services

February 17(Sunday) — 10:00AM, 11:00AM, 7:00PM

February 18-22(Monday—Friday) 7:00PM each evening

Got Questions? We've Got Answers!

256-5913, 256-5862, 256-3286

Don Stayton, Pastor
Scott Stayton, Youth Pastor